



A National Lutheran Community

# Top 10 Ways to Reduce Stress!

Stress is one of the most common factors in our lives that can affect anyone regardless of age. Stressors including a change in lifestyle, loss of a loved one or change in physical abilities could be impacting your or your loved ones health. Additionally, stress is something that can not only affect you physically, but mentally. Learn more about these 10 ways to reduce stress:



## 1. Listen to music

Studies show that calming music can have a positive effect on the brain. Taking a break and listening to music when you are overwhelmed or stressed can in turn lower blood pressure, and reduce hormones in your body linked to stress.

## 2. Talk it through with an outsider

We tend to get in our own head when the feelings of stress begin to take over. Talking to someone outside of your own thoughts can put things into perspective.

## 3. Talk it through with yourself

Sometimes we like to keep to ourselves in stressful situations and that's okay. Taking some time to calmly talk aloud to yourself can help you take a step back and reassess a stressful matter or situation.

## 4. Change your diet

The overwhelming feeling of stress can oftentimes curve appetite or cause you to eat unhealthy foods, affecting the efficiency of our bodies! Fruits and veggies when stressed are the way to go.

## 5. Have a laugh

Putting something funny on the TV or sharing a laugh with friends is another great way to boost your mood. Laughing causes your body to release endorphins that decrease levels of stress while increasing your mood.

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Call 301-355-2801 or visit: [www.thevillageatrockville.org](http://www.thevillageatrockville.org)

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## 6. Exercise

We aren't talking about going out and running a marathon, but maybe just a short walk. Taking some time to get outside and get your blood flowing can also release endorphins and relieve stress.

## 7. A good night's sleep

Stress can cause us to have trouble sleeping, so taking the necessary steps to ensure that you get a good night's rest is crucial. Wind down before bed and get in the habit of creating a relaxing bedtime routine so you can fall asleep in no time.

## 8. Breathing exercises

Take a second to step back and take deep breaths. Close your eyes, breathe in for four seconds and out for six and repeat a few times over. This breathing exercise will help to oxygenate your blood and relax your body and mind.

## 9. Hobby time

Take some time out of your day to enjoy your favorite hobby. Whether it's gardening or reading, it can take your mind off the stressors in your life.

## 10. Relaxation

Put aside rest and relaxation time in your daily schedule. This can help to reduce the feeling of daily stress and help to put your mind at ease.



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